

Prince and Princess Chickpea Salad

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Lemon juice		1 Tbsp		1/4 cup
Garlic powder		1/8 tsp		1/2 tsp
Basil, dried		1/8 tsp		1/2 tsp
Black pepper		1/8 tsp		1/2 tsp
Chickpeas (garbanzo beans), rinsed and drained		2- 15 oz cans		8- 15 oz cans
Tomato, chopped		2 cups		8 cups
Bell pepper, green, chopped		2 cups		8 cups
Bell pepper, red, chopped		2 cups		8 cups
Mozzarella cheese, shredded		1/2 cup		2 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	116	
Total Fat	2 g	
Protein	5 g	
Carbohydrates	20 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	244 mg	

Directions

1. Rinse and drain chickpeas (garbanzo beans).
2. Chop tomato and bell peppers.
3. Combine lemon juice, garlic powder, basil and black pepper.
4. Stir in chickpeas and vegetables.
5. Chill.
6. Serve plain or with pita bread, whole wheat bread or whole grain crackers, if desired.

Notes

Serving Tips:

This is a protein packed snack that can be eaten by itself or as a dip with crackers or pita wedges.